

REAL ESTATE SECTION



At left: The final exterior wall is set in place by the now-experienced crew.

Below, left: Susan Barger has experience in building and came to the demonstration to learn about building her own structure made from harvested poles.

Below, right: CalFire battalion chiefs Dino Rogers from Laytonville and Alex Leonard from Fort Bragg spent the better part of their day helping raise the walls of the demonstration pole frame cabin.

Photos by Ree Slocum

Pole Frame Cabin

Keeping the forest fuel-load down by thinning small trees can provide materials for strong, eco-friendly homes

If you were driving through Laytonville on Highway 101 on a recent Saturday, you may have seen a group of people engaged in watching or helping build a pole-frame structure. They were out in a field between the Big Chief Restaurant and the Fat Quail Quilt Shop. It was the Pole Frame Cabin Raising Demonstration presented on May 25 by the Forest Reciprocity Group in collaboration with Pole Craft Solutions.

Ree Slocum
Features Writer
ree@willitsweekly.com

According to FRG's brochure: "Our mission is collaborating with communities to tend forests for health and fire resiliency. In reciprocity, communities are provided with an abundance of raw materials to build a revitalized economy."

They do this by harvesting smaller trees that need thinning, thereby keeping the fuel load down in forests. They teach building skills and techniques and other uses for utilizing the harvested logs.

Pole Craft Solutions is a business specializing in natural building, using the round pole timber framing technique. It's an Old World technique that incorporates interlocking wood joinery secured with oak dowels and corner bracing. Once the frames are up and secured, they can withstand an earthquake and the outside can be wrapped with straw and cob.

The logs for the cabin-raising demonstration were salvaged

or harvested from private landowners who wanted to thin their stands of pine or fir to reduce the fire loads on their properties. The cabin components were built off-site, disassembled and brought to the Laytonville property to reassemble.

The demonstration showed participants the methods and tools used in pole-frame construction. Some joinery needed adjusting. They used hand tools made from harvested trees, metal chisels, hand saws, and an electric chain saw. When it was time to raise the framed walls, 10 to 12 participants were assembled in order to stand them up, in the style of an old-fashioned barn raising.

Simultaneously, wood craftsman John Cunnann offered a workshop to make stools from small-diameter pine branches or trees. Cunnann brought hand tools including draw knives and shave horses. It was perfect for people to try their hand at making something simple, utilitarian and handsome. "There's something calming about doing this," said one participant as they were shaving bark off a stool's leg.

A variety of people stopped by to participate in the absorbing event. Third District Supervisor John Haschak

Read the rest of **Poles** | Over on Page RE4



Opal Miner Insurance Agency *Notary Public*

— COMPLETE INSURANCE —

99 SOUTH MAIN STREET (707) 459-5404
WILLITS, CALIFORNIA 95490 FAX (707) 459-5384

Brittany Kessler, DVM
Chana Eisenstein, DVM

East Hill Veterinary Clinic

1200 East Hill Road Willits, CA 95490
Tel: 707-459-5236
Fax: 707-459-9048
web: www.easthillvet.com

Call for ad space:

April Tweddell

Willits Weekly Ad Representative

707-972-2475

Willits Property Management

Caring for People and Property

Douglas Johnson
Realtor® CalBRE #01888600
(707) 459-5975
wpm@instawave.net

New Location!
(across from post office)
284 S. Main St.
Willits, CA 95490

Willits Rental Center & Auto Repair

NAPA AUTOCARE CENTER

ASE CERTIFIED

— Full Line Auto Repair and Service —
— Contractor and Homeowner Tool Rental —

Monday - Friday 8:00 A.M. - 5:00 P.M.
315 Robert Drive • Willits • (707) 456-1123

COAST HARDWARE
Willits Most General Store

Come see our new electronic department!

101 E. Barbara Ln.
Willits, California
459-2201
Store Open Daily:
8:30 am to 6:30 pm

True Value
Start right. Start here.

AMERICAN EXPRESS DISCOVER NETWORK VISA

NOW OFFERING SEAMLESS ALUMINUM GUTTERS

real roofing done once. done right.
Dunlap

462-ROOF

Dunlap ROOFING, Inc.
www.dunlaproofing.com

CA. Lic. #806498

Remodeling?
Showing Your Home?
Need Extra Space?

Safe & Easy Access
14 Sizes: 5x5 to 12x40
Call for Availability & Rates

Willits Mini Storage

261 Franklin Ave. • Willits • 459-2529



Now and Then

140 Wood Street
 ‘This one can be yours!’
 Offered for sale at: \$199,950

MLS # 21914184

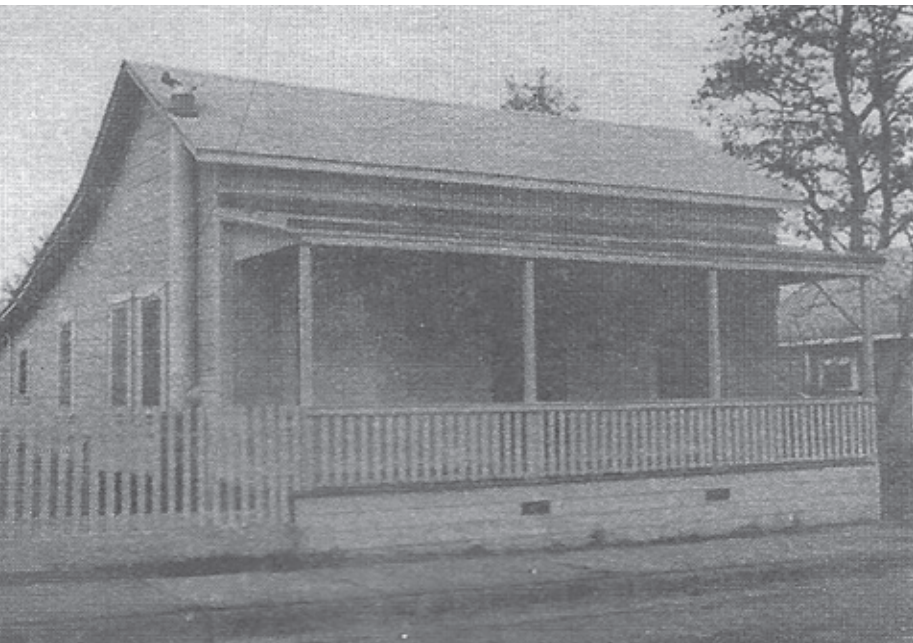
This charming two-bedroom, two-bathroom, 1,000-square-foot bungalow was originally built in 1885 and rebuilt in 2003-2005, and now it can be yours! Located on the west side, within walking distance to downtown. The last appraiser said the home’s effective age was less than 10 years. Laminate and Travertine tile floors throughout, natural gas heat, and small fenced backyard with a storage shed. Efficient and move-in ready.

Listed by:

Roxanne
 Lemos-Neese
 (Lic: 01712217)
 707-484-6489

Agent of:

Coldwell Banker
 Mendo Realty
 (Lic: 01141891)
 707-459-5389



The house at 140 Wood Street was built for Mrs. M. A. James after her husband died. In 1885 they owned a large ranch in the Little Lake Valley. The James’ family had settled in the Little Lake Valley in 1857.

This house is shaped like a colonial salt box, with a low gable roof that slopes down covering the rear of the house. The house is covered in wide shiplap boards and the roof is trimmed with a boxed cornice and sloped soffit. A front veranda is attached to the house and has its own roof that is supported by slender square columns.

Reprinted with permission from the 1988 book “The Architectural Heritage of Willits,” by Nelson A. Streib and Susan Pritchard, commissioned by the City of Willits.



Roxanne Lemos-Neese
 REALTOR®, GRI
 Cell: 707.484.6489
 Office: 707.459.5389
 www.getmendohomes.com
 CalBRE # 1712217

REALTY WORLD
SELZER REALTY
Sal Madrigal
 REALTOR® / CalBRE #01139481
 390 S. Main St. • Willits CA 95490
 Office: 707-459-5175 • VM: 707-467-3692
 Cell: 707-354-1950 • Fax: 707-472-2592
 madrigalsal@comcast.net
 www.realtyworldselzer.com

Daulton R. Abernathy Jr.
 Home Loan Consultant
 (707) 354-3333
 NMLS #232299
 DaultonAbernathy@umpquabank.com

UMPQUA
 B • A • N • K
 665 N. State St.
 Ukiah, CA

Blandford Real Estate

Opportunities Abound! Lots of Water!
 40 acres south facing Sherwood area. 3 living units, award winning vineyard. Over 6,000 sq. ft. of living space!

Two story, 4,000 sq. ft. 4 bdrm home. 2,000 sq. ft. 3 bdrm., 18” wall home. 1 bdrm cabin with loft. Barns and outbuildings. 3 hot houses, 3 ponds, 1,400 Pinot grapes, live creek, open fields and forest.

OFFERED AT \$799,000
 Square footage could not be reproduced for this price.

Call Jack Blandford broker
 (707) 391-7612
 CalBRE #00425821
 email: blandford@mcn.org

See more photos at jackblandford.com

DripWorks
 Quality Drip Irrigation

SAVE 10%

10% OFF Retail Orders \$49+ Promo Code: WW19

1.800.522.3747 **dripworks.com**
 10% OFF of \$49.00+ Retail Only. One time use. Not valid on greenhouses, high tunnels, pond liners, special orders or drop ship items. Expires 6/30/2019

COLUMN | Numbers by Nick

Thinking about 529 plans

Nicholas Casagrande
 Columnist

I’m talking to you about a tax saving tool to incent you to save money for the education expenses of your child/children or dependents ... or even education for you.....

When done correctly, Wealth Management and Financial Planning means planning for all the big things in your life: Your family, your health, your home, your retirement.... Having money for school and career development are important things to plan for.

A 529 plan is a *tax-advantaged* investment plan used for educational expenses for your children or dependents. If you want to advance your career, you can use a 529 plan for you.

What’s a *tax-advantaged* investment plan? That means you can invest in mutual funds and the appreciation is not subject to taxation as long as the expense is for an accredited school. If the funds were to be used for non-educational purposes, then there just would be taxes due.

If you are single, you can put in up to \$15K, annually, without paying a gift tax, \$30K if you are married-filing-jointly. The max you can accumulate differs by state – in California, it’s \$475K.

Monies can be used for K-12 education tuition, computers, supplies, internet access, lab fees, room and board. The usage expands each year.

A couple of considerations for the 529 world.

• If you plan to use money that is already set up in a brokerage account, the gains will be subject to taxation. Should you choose to set up a bank account with a nominal rate of interest, as current in this environment, your appreciation is subject to taxation. When investing in a 529 plan, your appreciation is not subject to taxation, nor will a 1099 be issued unless the withdrawals are used for non-scholastic purposes.

• Aunts, grandparents, and “others” can contribute to a 529 plan. Often a parent

prefers this, as opposed to another birthday toy that has a short shelf life. Owners of the 529 plan can send a link for family/friends to contribute. There is a maximum gift set by the IRS, and it is \$15K from a single donor, or \$30K from a married couple/year.

• If a contribution is made to the 529 plan, then the contributions made will not appear as reportable income under the owners’ Social Security number. This is helpful if your child will be applying for Federal Student Aid.

• If the 529 plan is not fully spent for education, and there is a balance remaining, then the account can be easily reassigned to another family/extended family member. If you want to withdraw and use for something else entirely, you will pay taxes on the withdrawal and a 10 percent penalty for not using it for “education.”

• These are best set up when the designated child receives a Social Security number after birth. The account can catch up by *super funding* an account to the tune of \$75K without a gift tax for single filers and \$150K for married-filing-jointly. The IRS requires another form with this type of contribution: Form 709.

As is often the case, there are some things to discuss and decide so that you have the best tax-saving tool for you. I look forward to helping you achieve this goal.

Summer is upon us. Be safe.

Before buying a 529 plan, you should inquire about the particular plan and its fees and expenses. You should also consider that certain states offer tax benefits and fee savings to in-state residents. Whether a state tax deduction and/or application fee savings are available depends on your state of residence. For tax advice, consult your tax professional. Nonqualifying distribution earnings are taxable and subject to a 10 percent tax penalty.

Nicholas Casagrande, EA, is an accountant and a financial advisor. His firm, NC Financial Group, is a wealth management firm serving individual clients as well as small-to-medium-sized businesses. Client work includes personal and corporate taxes, investment planning, insurance, and real estate. NC Financial Group’s Willits office is located at 675 South Main Street; contact 855-240-6606 or nicholas@ncfinancialgroup.com (taxes) or Nicholas.Casagrande@Ceterafs.com (investments) for more information. This information is for general purposes only. Please consult a financial professional for your own situation. Individual circumstances do vary.

COLUMN | How’s the Market?

What’s the best way to expand your square footage?

If you want to remain in your home but you need a little more square footage, you have several choices. Do you want to bring aging parents closer, move a rambunctious teenager further away, or escape the chaos in favor of a quiet workspace? Even if your property is zoned for a single-family residence, you can definitely get more space.



Richard Selzer
 Columnist

The first option is what we used to call a granny unit, a separate structure that can be used as a living space. These days we call them accessory dwelling units, or ADUs. Although you probably won’t recoup the whole cost of building an ADU, having one usually increases the value of your property.

The good thing about ADUs is that they allow aging parents to live close to you but not with you. They also allow your teenager’s garage band to practice under a separate roof (possibly worth the cost of construction right there).

There are legal limits to the size of the unit and where it can be placed on your property. Before you build, I recommend considering the other possible uses for that space (e.g., a vegetable garden, a pool, a dog run, a chicken coop) to be sure the ADU will work for the long term. I also recommend calling the city or county building and planning department for advice on the permitting process.

One final vote in favor of ADUs is that they require new construction. Anyone who has done renovation work will tell you how much easier new construction is compared to dealing with an existing structure. Far fewer surprises can also mean far fewer expenses.

An alternative to the ADU is a garage conversion. You should know that, in all likelihood, converting your garage into a living space will add no value to your home and may actually decrease the value because you won’t have covered or enclosed parking. If you choose to sell your home, it may be cost-effective to convert the space back into a garage, since most folks don’t like carrying groceries through the rain. However, if you need the space, you need the space – just be aware of the financial impact.

Maybe the best of both worlds is an attic conversion. The conversion costs less than building an ADU per square foot and unlike a garage conversion, you don’t diminish the value of your property. The down side, of course, is that you cannot ask junior to take his new drum set to the ADU on the far side of your property next to your soon-to-be angry neighbor.

One final option is a room addition. It is less expensive than an ADU because it shares a roof and foundation with your existing home, but it is likely more expensive than a garage or attic conversion. Attic conversions can be particularly tricky because that’s where pipes for gas, water, heat, and air conditioning are, as well as electrical wiring. This can cause all kinds of unpleasant surprises during the construction phase.

No matter which route you choose, you will need a building permit. Don’t skip this step because it will be a disclosure you will need to make when you, or your children after you, ultimately sell the property.

If you have questions about real estate or property management, contact me at rselzer@selzerrealty.com or visit www.realtyworldselzer.com. If you have ideas for this column, let me know. (If I use your suggestion in a column, I’ll send you a \$25 gift card to Roland’s Bakery!) If you’d like to read previous articles, visit my blog at https://realtyworldselzer.com/mendocino-county-real-estate-blog/.

Dick Selzer is a real estate broker who has been in the business for more than 40 years.

Redwood Mortgage

Hard Money Loans (707) 459-2330

Investor opportunities (707) 462-8622

Independently Owned & Operated
 CalBRE # 01219546; NML # 366784

PO Box 1089 or 218 S. Humboldt Street. Willits, CA 95490
 redwoodmortgage@att.net (707) 459-1038 Fax

COLDWELL BANKER

MENDO REALTY, INC.

FIRST TIME ON THE MARKET

For this incredibly maintained turnkey home! 24340 Camellia Drive is a garden oasis graciously set between 3 lots. Gated entry provides access to the main grounds with an attached 2 car garage that includes a shop/wine cellar! Interior of the home is equally exquisite with 3 recently remodeled bathrooms and a bonus 800 sq. ft. loft/bunk room. Plenty of off street, RV and covered parking. So many amenities to see...make an appointment today!

MENDOCINO COUNTY’S PREMIER REAL ESTATE COMPANY
 1460 South Main Street, Willits • (707) 459-5389
 www.LivInMendo.com • 1460 S. Main St., Willits • livinmendo@gmail.com

BUD GARMAN
 CONSTRUCTION SERVICES, INC.
 Lic# 679517

707-459-5859

Environmental Restoration - Ponds
 Septic & Water Systems - Site Development
 Roads - Water, Soil & Rock Delivery

24900 N. HWY 101 IN WILLITS **GARMANCONST@GMAIL.COM**

Willits Furniture Center
 Successful business located in a high traffic area. Expansive 8,140 sq. ft. building is ideal for an open show room. \$999,000

Cute Home On 1.09+- Acres
 Brooktrails, 1,088 sq. ft. with 2 bedrooms, 1 bath. Private and quiet. PRICE REDUCED TO \$239,900

Remodeled Roomy Ranch Home
 1,560 + sq. ft. with 4 bedrooms, 2 baths, and many new amenities. Large .45 acre lot. \$258,500

Busy Location! Open Your Own Salon!
 Previously a hair salon and it would be an ideal location. Busy foot traffic and ample parking, room to expand. \$210,000

SUMMIT REALTY

For information or an appointment to view please call:
Ruth Weston
 707-459-4961 • 707-489-3333
 CalBRE: 00990817
 ruthweston@pacific.net
 557 South Main Street • Willits



At left: An interior wall is set in place. Below, left: Participant James Ficklin uses a draw knife to shave the outer bark off a stool leg. Below, right: Event organizer Eric Lassotovitch, co-founder of Pole Craft Solutions, uses a large wooden mallet crafted from pine to help slip the tenon into the mortise. At bottom, left: The crew slides the framed wall into place.



The rest of Poles | From Page RE1

had been invited by event organizer Eric Lassotovitch. "I was drawn to the event because it's a way of making healthier forests, safer conditions for all of us, and there's a potential for low-cost housing materials we have available here," Haschak said. He added that he wants to develop low-income and senior housing and likes the ideas presented by the Forest Reciprocity Group.

CalFire battalion chiefs Dino Rogers from Laytonville and Alex Leonard from Fort Bragg stopped by and became part of the crew raising the walls. "I wanted to see it because it's about reducing fire loads, which is near and dear to our hearts," Rogers said. "So when you're talking that way and utilizing the resources you're pulling out, it's right in there with what we like to see happen."

Susan Barger was a student in the Sustainable Construction Program at Mendocino College, Ukiah. She learned a lot about structure, solar gain, and the language of construction. She has built two tiny structures that make up her home and would like to build another out of salvaged poles.

"I like 'green building' and this is taking it to a deeper level," she said. Her current tiny home consists of two 120-square-foot buildings. One is a kitchen and bathroom, while the other is her bedroom and sitting room.

Santa Rosa kindergarten teacher Beth McEnery and her retired-contractor partner, Peter Richardson, made it a point to visit the event. McEnery likes to bring different activities and skill sets to her class.

She sees the children as very industrious: "If you give them a shovel, a watering can, a broom, they will use them. I want to have an area where they can have a small hammer and a can of nails, and I'll let them

go to create and have fun."

Once Richardson retired, he started a small vocational-based sober-living home. "I take people who finish primary rehab and help them with long-term recovery and developing some employable skills," he said. He sees learning the skills to build salvaged pole structures as something to explore and possibly offer his clients.

In three hours, the group had the three walls in place. Colin Gillespie, an owner of Pole Crafts Solutions, explained: "There are pieces that will complete the whole structure that we won't put on today. There are the ridge beam and rafters and other aspects that would be part of a [preassembled] kit."

Sometime in the near future, the demonstration cabin will be disassembled and moved to the new Natural Building Arts and Innovation Center on Hensley Creek Road by Mendocino College in Ukiah. It will be an education center and cooperative enterprise where all applications of small pole utilization will be researched and developed.

According to Jenny Burnstad, a member of Cloud Forest Institute and one of the founders of FRG, FRG received seed funding from the Just and Resilient Future Fund for FRG's long-range plans to create the center.

To find out more about: Cloud Forest Institute, visit www.cloudforest.org; Forest Reciprocity Group, visit www.forestreciprocity.org; and Pole Craft Solutions, visit www.polecraftsolutions.com.

Visit www.abuelagardens.com for their natural building series including the workshop, "Mortise and Tenon Round Pole Timber Frame Systems," July 26 through August 1.



At left: The first wall of the cabin is braced and lifted by nine men. At top: Taylor Lowery, left, and Sara Champagne live and work at the Abuela Garden outside of Willits and came to the cabin raising with garden manager Blair Phillips. Above: Third District Supervisor John Haschak, at left, talks with Joe Gowder and Dane Downing about Gowder's idea to have an intentional community in Round Valley. Below, from left: Eric Lassotovitch pauses for a moment Saturday during the cabin raising. A happy Martin Mitchel completes his three-legged stool. The tenon is too long for the mortise and is being trimmed in order for it to fit snugly in place.

Photos by Ree Slocum

WESTWOOD REAL ESTATE

Kent Westwood, Broker
CalBRE #01293875
(707) 984-7078

Joe Morf, Agent
CalBRE #02005443
(707) 496-1144

"Zillow Premier Agents"

An individual, stand-alone and independent print piece

WILLITS WEEKLY IS PROUD TO CONTINUE THE

REAL ESTATE SECTION

IN LOCAL PRINT MEDIA

Runs Second Week Each Month

Relevant Local Editorial Content
Open House Advertisements
Available Buyer's & Seller's Agents
Property Listings

GET YOUR OFFICE, AGENTS AND LISTINGS INCLUDED IN OUR NEXT EDITION

Ads

Commitment and ad copy deadline is the first Friday of the month

3,500 copies each week

Ads go online and in-print for one price

3.25" wide x 2" tall color display ad:

\$25/month with 3-month minimum commitment

\$32 on one-run basis

5" wide x 5" tall color display ad:

\$100/month with 3-month minimum commitment

\$120 on one-run basis

3.25" wide x 4" tall color display ad:

\$50/month with 3-month minimum commitment

\$64 on one-run basis

5" wide x 10.5" tall color display ad:

\$225/month with 3-month minimum commitment

\$250 on one-run basis

OPEN HOUSE SPECIAL: 5" wide x 3" tall color display ad: \$60 on one-run basis

Call for ad space: April Tweddell 707-972-2475

Runs on the second Thursday of the month.

Taxes* | Investments | Insurance
Real Estate* | Payroll & Bookkeeping*

Nicholas Casagrande, EA
855.240.6606
675 S Main St, Willits, CA 95490
105 W Clay St, Ukiah, CA 95482
nicholas@ncfinancialgroup.com
nicholas.casagrande@ceterafs.com**

NC Financial Group

EA # 00105934 • CA DRE # 01854336 • CA Insurance LIC # 0H68496
Advisory services offered through Cetera Investment Advisers LLC. Securities offered through Cetera Financial Specialists LLC (doing insurance business in CA as CRFIS Insurance Agency), member FINRA/SIPC. Cetera is under separate ownership from any other named entity. *These services are not offered through Cetera Financial Specialists LLC **Investment email

Diamonds & Gold
Custom Jewelry & Repair

75 S. Main St. #A
Willits
707-485-2401

Aflac
Barbaralee Likker
Agent
CA Insurance License #0H62948
An Independent Agent Representing Aflac

POB 353
Willits, CA 95490
707.354.3905 cell
707.459.1692 business/fax
barbaralee_likker@us.aflac.com
aflac.com

REALTY WORLD

Selzer Realty
390 South Main Street Willits, CA 95490

 Alison Pernell 972-1364	 Barbara Mercer 489-2922	 Christopher Martin 367-3173	 Elida Cardona 354-1538
 Jake McFadden 354-3874	 Margaret Andrews 354-3977	 Sal Madrigal 354-1950	 Sharon Noah 489-0441

707-459-6175
DRE# 00528452

www.RealtyWorldSelzer.com

FEATURED PROPERTY
Presented by: Sharon Noah

Its like being outside only with all the comforts of home This beautiful, custom built home is entirely off the grid with skylights throughout, open floor plan, hardwood and tile flooring. It is surrounded by forest and nature and is at the end of the road for lots of privacy. As a bonus there is a cute cabin with loft for sleeping.

Offered at \$379,500

MENDO REALTY, INC.
MENDOCINO COUNTY'S PREMIER REAL ESTATE COMPANY
1460 South Main Street, Willits • (707) 459-5389

 Your own private retreat. Nestled in amongst the redwoods, this 3 bedroom, 2 bath custom home offers respite from the hustle & bustle. \$269,000	 Awaken to the sound of birds in this lovingly cared for 3 bedroom, 2 bath home. Central heat and air conditioning, newer roof, exterior paint and pellet stove. \$330,000
 BBQ's and swim parties, enjoy summer life at it's best in this impeccably maintained 3 bedroom 2 bath home. Within walking distance to downtown Willits. \$349,950	 Graciously set between 3 lots sits this 3 bed, 3 bath home with a garden oasis. Gated entry provides access to the main grounds with an attached 2 car garage that includes a shop/wine cellar. \$338,888
 How soon can you move? This 4 bed, 2 bath home features a master suite, bonus room/office, storage room, laundry room, and more. RV/Boat Pkg on 0.60+/- acres \$258,000	 This property has water and sewer hookups paid, just bring your house plans, and get a building permit to start your dream home. \$43,500

 Lee Persico CalBRE #00446837 707-459-5389 cbmrwillits@pacific.net	 Roxanne Lemos-Neese CalBRE #01712217 707-484-6489 roxanne@getmendohomes.com	 Bill Barksdale CalBRE #01106662 707-489-2232 bark@pacific.net
 Tara Moratti CalBRE #01420657 707-367-0389 livinmendo@gmail.com	 Patsy Broeske CalBRE #01549646 707-841-8053 pbroeske@gmail.com	 Randa Craighead CalBRE #02074437 707-841-7778 randacraighead@coldwellbanker.com
 Karena Jolley CalBRE #01482063 707-354-2999 karena.jolley@gmail.com	 Nicole Flamer CalBRE #01593284 707-354-2301 nic707@gmail.com	 Audrey Low CalBRE #02074437 707-972-0524 norcalhomes@yahoo.com

Contact one of our experienced agents to find homes for sale in Willits or Mendocino County.
mendocinocountyproperties.com • coldwellbanker.com

Dementia

Where was she? Her husband walked into the living room and switched on the light. There she was, sitting in the dark, a lost look on her face. She knew something was changing, and she was scared, confused and feeling alone. Even with a caring partner or caretaker near, dementia is a lonely journey. My mother, in her 90s, was in the beginning stages of a type of dementia called Alzheimer's disease.

There are a number of types of dementing illnesses, but the one we hear about most often is Alzheimer. Dementia is a brain disease. There is no commonly agreed cause identified by science at this time, and it is generally thought that there is currently no cure.

Some professionals argue that smoking, which robs the body and brain of oxygen, exacerbates this and other disease processes. As the brain changes and the disease inevitably progresses, so do the person's abilities and personality.

I'm not a medical professional, so if you suspect you or someone you care about may have dementia, consult a qualified professional who is experienced and trained to diagnose and help people with this disease. It's a journey for both caretaker and patient.

Dementia is a huge, complex topic, and a short article can only touch on the topic. Really, everyone would be well advised to learn more about it. It will likely touch your life at some point if it hasn't already. This disease is a slow process.

Where can you go to learn more? Although only recently published, Dr. Tia Powell's book, "Dementia Reimagined: Building a Life of Joy and Dignity from Beginning to End," is already a best-seller. The Alzheimer's Association has chapters all over the county. Their referral toll-free number is 1-800-272-3900. Their web page is www.alz.org.



Bill Barksdale
Columnist, GRI Realtor®

The U.S. Administration on Aging can help you find your local help line. Use the Eldercare Search Line at <https://eldercare.acl.gov/Public/Index.aspx> or call toll-free 1-800-677-1116. There is a lot of information on the internet. Locally you can try Willits Seniors Inc. at 459-6826, or Adult Protective Services at 459-2889 – to try locating local resources.

I work with many older people in my career and have client family members, friends and relatives with dementia. I've had to begin educating myself.

As the brain changes, things don't make sense to the person anymore. They become confused, memory loss progresses, the person often becomes incontinent, and adult diapers that are changed regularly are a must when this happens. The patient commonly develops a fear of bathing so they need help with their hygiene, including using the toilet. People they've known for a long time, even family members, are no longer recognized. The person can become argumentative. That person is frightened.

You cannot reason with a person suffering from dementia because they can no longer process "reason." Familiar surroundings become important. They often become desperate to find some sort of security. That may mean something different to the patient than it does to you.

Don't argue. Let me repeat – Don't argue with them. Find a way to agree, even if you don't. Pivot and try to change the subject if you can. They're frightened. They need comfort. The familiar is no longer familiar. When they get angry, your anger is not a helpful response. That's a hard one for caretakers, but necessary to learn.

One dear friend of mine will wear nothing but red clothes now. We don't argue with her. We've just gotten her a lot of red clothes. That makes her happy.

The caretaker

Not giving medical advice here, but things to ask professionals and think about. My friend and In Home Support Services, IHSS, caretaker, Betty Riddle, was kind enough to talk with me. A few important points she made were: Learn to control your emotions. Don't get defensive, it's not personal. Part of the



patient is still there, but part is gone. The caretaker has to help the patient preserve personal dignity.

Family members need help. Patients can be verbally abusive, rarely physically abusive but don't turn your back on the patient. If the patient becomes violent call 911 or IHSS. Don't hurt the patient. You've got to keep your cool. Behavior can change in a split second. Disease like urinary tract infections or diabetes can exacerbate the behavior. Street drugs mixed with mental illness is very dangerous.

Caretakers need support, someone to talk with. It's a stressful job. Learn how to breathe and count to 10 to cool down.

"Part of that person has died, and they're not coming back. You can't sugar-coat that." You have to take control of the situation and get help. There's so much more that Betty talked about that I don't have space to share. Educate yourself. That's important.

From herbalist Donna D'Terra, herbs for brain health before dementia strikes. Gingko – Increases cerebral blood flow, powerful antioxidant and increases memory. Gota Kola – Specific for brain stress. Turmeric – Helps prevent formation of beta amyloid (implicated in Alzheimer's). As always, consult your physician and do your own research. Herbs can interact with prescription drugs and affect different people in different ways, so learn how to safely use them.

In closing, a few personal opinions and thoughts. Draw up an advance directive before dementia or other illness strikes so your wishes will be followed. Also, let me ask you this question. What do you want your government to spend your tax dollars on, war or effective, affordable health care? Trillions are being spent on war every year. Is that what you really want? Let your representatives know.

Bill Barksdale was a 2016 inductee into the Realtor® Hall of Fame. He is an agent at Coldwell Banker Mendo Realty Inc.

93RD
ANNUAL

Willits

JUNE 21 - JULY 5
2019

FRONTIER DAYS

Friday, June 21:

HOMETOWN CELEBRATION:

5 to 9 p.m. | Main Street – Downtown Willits Free to Attend

Saturday, June 22:

SWEETHEART JUDGING:

Appearance & Poise: 12 p.m. | Community Center | Free to Attend

Sunday, June 23:

LIONS COWBOY BREAKFAST:

7 a.m. | Rec Grove Park | Adult: \$8, Child: \$5

HORSE SHOW:

8 a.m. | Jack Sharp Arena | Free to Attend

SWEETHEART JUDGING:

Horsemanship: During Horse Show
Jack Sharp Arena | Free to Attend

NATIONAL ANTHEM CONTEST:

Noon | Rodeo Grounds | Free to Attend

Thursday, June 27:

CARNIVAL:

Opens at 4 p.m. | Next to Rodeo Grounds | Wristbands: presale thru 6/26: \$25 at J.D. Redhouse

Friday, June 28:

TRUCK PULLS:

6 p.m. | Jack Sharp Arena | Adult: \$14, Child: \$6

STREET DANCE:

with Bobby Zoppi & the Corduroys
Following Truck Pulls | Rodeo Grounds | Free to Attend

Saturday, June 29:

SWEETHEART CROWNED:

Rodeo Grounds

Wednesday, July 3:

CCPRA PROFESSIONAL RODEO:

7 p.m. | Jack Sharp Arena
Box: \$15, Adult: \$12, Child: \$5

WESTERN DANCE:

with Chad Bushnell
Following CCPRA Rodeo | Rodeo Grounds | Free to Attend

Wednesday, July 4:

HORSESHOE CONTEST:

10 a.m. | Rec Grove Park | Free to Attend

PARADE – "Community Pride":

11 a.m. | Main Street – Downtown Willits | Free to Attend

BARBECUE:

Noon | Rec Grove Park | Adult: \$15, Child/Senior: \$8

COUNTRY MUSIC RODEOLA:

Noon | Rec Grove Park | Free to Attend

CCPRA PROFESSIONAL RODEO:

4 p.m. | Jack Sharp Arena | Box: \$15, Adult: \$12, Child: \$5

Friday, July 5:

JUNIOR RODEO "Under the Lights":

7 p.m. | Jack Sharp Arena | Adult: \$5

THANK YOU TO OUR 2019 MAJOR SPONSORS:

ENTRY FORMS AND ADDITIONAL INFORMATION ONLINE:

WWW.WILLITSFRONTIERDAYS.COM

25461 Poppy Drive

Custom built in 2001 this two-story, 1805 sq. ft. home features 3 brdms., 2 1/2 baths, a spacious living room, formal dining room, den/study with an attached deck overlooking the sunny yard that backs up to the green belt that borders Lake Emily. Brand new roof, a wood burning stove, central heat and air, dual pane windows, ample storage under the home and room to park 6 cars in the driveway!

\$338,000

COLDWELL BANKER

MENDO REALTY, INC.

Karena Jolley

License #01482063

707-354-2999

Kelsi Ryan

License #01932829

707-621-1818

mendorealestate@gmail.com

"Your Vintage Home Expert"

When your home is unique it deserves an agent who understands what makes it special.

Peter Smith, REALTOR®

(707) 570-6138

peter@sasin.com

CalBRE# 01205926

RE/MAX Full Spectrum

Each Office Independently Owned and Operated.

Natalie Higley

Realty World Selzer Realty

Cell Phone: 831.262.8705

nhigleyrealtor@gmail.com

www.natalierealtor.com

CalBRE #02018624

Selzer Realty

551 South Orchard Avenue

Ukiah, CA 95472

"If it matters to you, it matters to me."

Pg.RE6 Willits Weekly's Real Estate Section - Edition #35 - Publishes on the second Thursday of the month Willits Weekly | June 13, 2019